

**A Pilot Program  
CIRC & LPBC**



LPBC Volunteers: RIC Paralympic Military Camp showing CIRC modified adaptive seats

Few adaptive athletes are familiar with indoor or on-water rowing/paddling as a recreational, fitness or competitive opportunity. With the introduction of rowing to the Beijing *2008 Paralympics*, our *Adaptive Initiative* mission is to build awareness and support local and national program development. Inclusion is a guiding principle of our efforts. All program development is anchored in the belief that abled and disabled alike benefit from mutual support, participation and program development. Although our roots are anchored to serve the disabled, our branches reach out and shade a wide community. Once installed, these programs can meet the fitness and health needs of those aged 8 to 80; from those burdened by obesity to those slowed by age. Their activities can be solely indoor or they can be expanded to include the water. Inclusion is not just a word it is a comprehensive philosophy. (See: *Beyond Adaptive*)

**Lincoln Park Boat Club (LPBC)** and **Chicago Indoor Rowing (CIRC)** have partnered to develop a pilot *Adaptive Rowing & Paddling Program* based upon these principles. This effort is a total commitment:

- *Leadership:* All board members of both organizations have embraced this program.
- *Membership:* **LPBC** members have consistently stepped up when called upon to volunteer on community-centered events. They are the core volunteers of our annual **CIRC** competition each February and their presence is found at each of our **Adaptive Initiative** events outlined in the attached historical profile.
- *Financial:* The **LPBC Board** has approved an \$8,000 budget for the purchase of two adaptive training shells to compliment their already existing fleet of stable training kayaks and complete erg training facility. **CIRC** has committed resources to expand its training programs complimented by continued equipment modification and development. It is our objective to introduce on-land programs in January 2009.
- *Facilities:* Once the **LPBC** facility is made accessible, it will be ideal for first time rowers/paddlers due to its protected lagoon location south of the Fullerton Bridge to the Outer Drive. Although this pilot program involves more time on-land than on-water, the water component is very important. This location allows adaptive water activities under a very controlled safe water environment.

This initiative has three components

- *Staff Introduction/Training Workshops*
- *Satellite Program Support*
- *Open Programming*

### **Staff Introduction/Training Workshops**

While the interest is accelerating, very few organizations serving the disabled community are familiar with the benefits of indoor or on-water rowing and paddling programs. Once intrigued, they lack the expertise or the facilities to either test or support interest once it has been seeded. These workshops address that need. Citywide programs can now send their staff to one-day workshops to personally experience and learn the basics of these sports and how to best test and/or develop interest in their local communities.

These workshops are ideal for:

- Individual Chicago Park District Programs
- Not for Profit Support Associations
- City of Chicago Agencies
- Corporate Mentoring Programs
- Middle and High Schools
- Fire and Police Departments / stations
- After school programs
- Faith –Based organizations
- Rehabilitation/Medical Facilities

### **Satellite Support**

Should an organization choose to move forward with a Pilot/Test Program, **CIRC** and the **LPBC** will continue to provide program support and facility access.

#### **Erg Loaner Program**

This provides up to four rowers (ergs) on a no-cost 30 to 60 day loan to test program interest at the local level. Additionally, **CIRC** stands behind your efforts by providing staff support with program development.

#### **Facility Access**

Once a local program evolves from land only to land/water, the **LPBC** facility is accessible through its *Open Programming*.

### **Open Programming**

This is structured in stages hence giving adaptive participants a chance to investigate without making long-term commitments. All participants will be paired with their own ‘personal coach’.

#### ***Introduction to Adaptive Rowing/Paddling*** – 4-Hour Workshop

This introduces participants to the indoor rower (erg). This step is essential not only to understand the stroke steps, but also allows the instructional staff an opportunity to assess particular needs and introduce solutions that lead to success whether the interest is strictly recreational or competitive.

The workshop also introduces the participants to the **LPBC** facility and adaptive boats although this session does not involve on-water activities.

***Training Program- 4-Weeks***

Meeting once a week for 3 hours, this 'on-land' program develops rowing/paddling technique.

***On-Water Introduction - One Day Workshop***

This introduces participants to actual on-water experience under controlled supervision using adaptive craft. Our ***Ability Certification*** will be offered after the conclusion of the workshop for those who wish to advance to the ***On-Water*** program.

Pre-requisite: ***LPBC Training Program***

***8 Week On Water Program***

Meeting once a week for 3 hours, participants will improve their on-water abilities under the guidance of the adaptive coaching staff.

Pre-Requisite: LPBC ***On-water Introduction*** course and ***Ability Certification***.

Please appreciate that the above is still in development. A key factor is the completion of the **LPBC** accessibility construction by the **Chicago Park District**. We anticipate a firm construction dates by the middle of September with the goal of having our first ***on-land*** program in January 2009. (See **LPBC Accessibility**)

To learn more about our Adaptive Initiative, go to:

<http://www.chicagoindoorrowing.com/adaptivechallenge.htm>